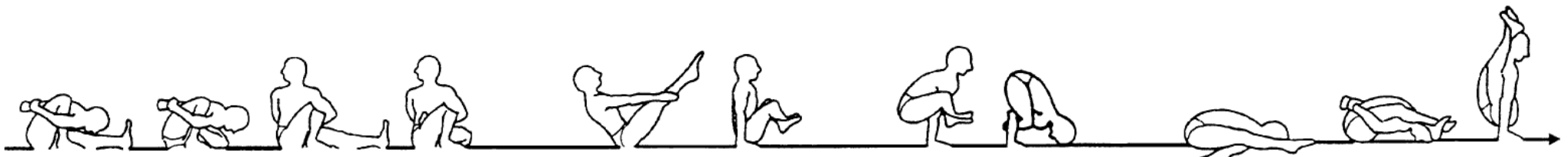
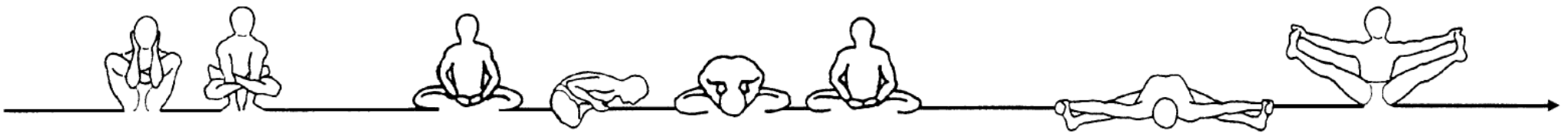
ASTANGA YOGA
AS TAUGHT BY SHRI K PATTABHI JOIS
Mysore 1993
DRAWINGS BY JOHN SCOTT. SANSKRIT & TRANSLATIONS BY EDDIE STERN

PRIMARY SERIES

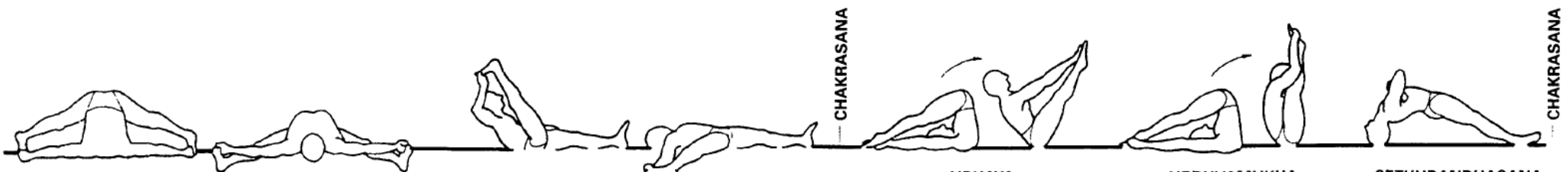
Nasagra — **PASHIMATANASANA** — Padhagra — **PURVATANASANA** Nasagra — **ARDHA BADDHA PADMA PASHIMATANASANA** Padhagra — **TIRYANGMUKIKAPADA PASHIMATANASANA** Padhagra — **JANUSHIRASHASANA** **A** **B** Padhagra **C**



A Padhagra — **MAREECHASANA** **B** Nasagra **C** Parsva — **D** Parsva — **NAVASANA** **5 Breaths x5** Padhagra — **Lift** — **BUJAPEEDASANA** Nasagra — **KURMASANA** — **SOOPTA KURMASANA** Broomadhya — **Lift**



GARBHAPINDASANA **A** Roll around Nasagra — **KUKKUTASANA** **B** Nasagra — **BADDHAKONASANA** Nasagra — **UPAVISHTAKONASANA** Nasagra Urdhva



SOOPTA KONSANA **8 breaths then roll over touch chin, 1 breath** Nasagra — **SOOPTA PADANGUSTASANA** Padhagra — **CHAKRASANA** — **UBHAYA PADANGUSTASANA** **1 breath roll up & balance** **8 breaths** Urdhva — **URDHVAMUKHA PASHIMATANASANA** **1 breath roll up & balance** **8 breaths** Padhagra — **SETHUBANDHASANA** Nasagra — **CHAKRASANA**